



TURNING JAPANESE

Whether it's sushi or style, the Wharf has got your oriental needs sorted **P52-55**

Inside



MIKE'S TOP FIVE GAMES

Retiring rugby star Mike Tindall shares his career highlights and Wharf job options **P64**



Time for tea

Whittard's boss on its East End beach head **P4**



Caring pair

Founders look back on 25 years of business **P5**



Sailing triumphantly into the dock

Participants in the Round The World Clipper Race returned to London at the weekend as the contest came to an end. Team GREAT Britain won the final leg but lost out in the overall contest to Henri Lloyd, above, seen here arriving in St Katharine Docks – **Pictures / Page 7**

TIME TO PAY UP

- Top diplomat to visit Libya to lobby for compensation
- Victims of Docklands IRA bomb say mission gives hope **P3**

PROPERTY Towers that Dizzee Rascal once called home have had a major facelift **FROM P15**



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WEATHER

28C TODAY
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28C FRIDAY
Mostly sunny

29C SATURDAY
Partly cloudy

22C SUNDAY
Light rain

26C MONDAY
Thunderstorms

TRAVEL

TUBE & DLR
DLR and Jubilee line are both fine.

ROADS
Tunnel to Towers Run on Sunday through the Rotherhithe Tunnel between 9am and 10.30pm, with rounds closed in Southwark and Canary Wharf.

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Agenda

Alone with our thoughts in the Tube

Research published in the journal *Science* claims people hate being alone with their thoughts so much, they prefer to be in pain. Participants found it so difficult to think for 15 minutes they opted to shock themselves with a 9-volt charge for distraction.

The psychology professor who led the study wasted his time investigating this in a lab. A Tube journey would have led him to the same conclusion.

Why else would Londoners suffer broiling Tube carriages without declaring mutiny? It's obvious when you think about it. Commuters

BLONDE'S EYE VIEW



ANGELA CLARKE

can last journeys of six, 15, or even more minutes in silence, with our own thoughts, because riding a hot overcrowded Tube train is the equivalent of the electric shock.

Our sweaty sample even allows for those in the original group who cheated. How? They reached for phones or books to distract them. I rest my case. Observing a Tube carriage could have saved the professor the bother of rounding up volunteers. Dude, you should've just taken the Circle Line.

What about anomalies? The average participant of the study shocked themselves roughly seven

times, rather than thinking about whether M&S Rocky Road Mini Bites count as dinner, or what Ryan Gosling would look like in nothing but an Oyster card.

But one bloke was so frightened by what was going on in his head he shocked himself 190 times during one 15 minute stint. How does that tie in with our Tube travelling lab rats?

Simple. You just need to look for the most masochistic commuter you can possibly think of. The one that actively pursues pain. That, my scientific friends, is the cyclist.

Follow Angela on Twitter:
@TheAngelaClarke

London Eye



Top, Queen's swan marker David Barber carries a bound cygnet at the annual Swan Upping ceremony on the Thames. The five-day census dates back to the 12th century when the monarch claimed ownership of all mute swans on the river.

GETTY

51

Health

Combat city life with a potent berry boost



52

Food

Make maki in eight easy to follow steps

55

Fashion

Turn Japanese with oriental floral prints



Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

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Write to The Wharf, Trinity Mirror, One Canada Square, Canary Wharf, London E14 5AP.

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London gallery

P60-61

Youngest D-Day veteran, Jim Radford visits Bishop Challoner school in Tower Hamlets to tell students about serving on rescue tugs at 15 during the Second World War and the Normandy Landings
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IMAGE OF THE WEEK



This image has been released by Crossrail in celebration of the work done to hit the halfway milestone

DIGGING DEEP Crossrail's station tunnels under Docklands and central London are 50% complete. The construction team said the route, due to be completed in 2018 running 24 trains an hour in each direction, now had three miles of platforms and station tunnels. A three-part documentary about the project, dubbed *The Fifteen Billion Pound Railway*, aired on BBC2 yesterday (Wednesday), and is now available on iPlayer. Royal Docks will feature in the next episode on July 23 at 9pm.

Compensation hope is raised by mission

CAMPAIGN

IRA victims' case will be focus of Sir Kim's visit

Rob Virtue
@wharf.co.uk

Victims of the 1996 Docklands bomb that killed two people have been given renewed hope for compensation.

Prime Minister David Cameron's security adviser Sir Kim Darroch is preparing to fly to Tripoli to open negotiations with Libya.

Hundreds were affected by terrorist acts carried out by the IRA using Semtex supplied from the African state. They include scores hurt in the blast at South Quay yards away from Canary Wharf, many with lasting physical and psychological injuries.

A letter to a fellow MP from then Foreign Secretary William Hague, seen by the *Sunday Telegraph*, said Sir Kim



Sir Kim Darroch is set to open negotiations with Libya over IRA semtex

would "lead cross-Government efforts to build a dialogue with the Libyan authorities on reconciliation initiatives".

President of the Docklands Victims Association Jonathan Ganesh, who was injured in the Canary Wharf attack, said of the news: "I'm very pleased to learn Sir Kim Darroch will be discussing these outstanding matters with the Libyan Government."

GETTY "The DVA works with countless victims of terrorism and would welcome this positive engagement."

"Surely now both governments can work together to finally bring closure to all the victims."

Joyce Brown, who was also injured in the blast on February 9, which killed shop workers Inam Bashir and John Jeffries, said: "In 2011, after the overthrow of Gaddafi, the Libyan Government signed a contract to help all the IRA semtex victims."

"I hope Sir Kim Darroch will remind them of their promise to the IRA victims and of the help that the UK Government extended during their struggle for freedom. It would be wonderful gesture as we did not abandon them when they sought our help."

Semtex was provided by Colonel Gaddafi to carry out the IRA attacks. Many died and countless other victims were injured in the Libyan-sponsored attacks including blasts at Harrods and in Manchester.

Only online: Five things to do on the Wharf

NEWS IN BRIEF

New arrivals

Cafe and bakery opens its doors

OPENING A new selection of cakes and baked goods have arrived in Greenwich town centre.

British brand Peyton and Byrne opened the doors to its new store on Tuesday, welcoming shoppers with 50% discount cards.

The cafe and bakery, in Greenwich Church Street, offers a variety of tasty treats including Chelsea buns and healthy breakfast muffins. Go to peytonandbyrne.co.uk.

Software support firm sets up shop

ARRIVAL THIRD-party SAP and Oracle software support company Rimini Street has opened a new operations centre in Canary Wharf.

The office, on Level 34 of One Canada Square, will be led by company managing director of Europe and Africa Jill Harrison and serves as be the firm's European headquarters.

It will be used to entertain existing and prospective clients and to house between five and 10 staff with room to expand to 15.

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News

Why we're branching eastwards

RETAIL

Whittard CEO tells **Rob Virtue** he's pleased to open yards from docks where first tea shipments arrived

It's taken a while but tea has well and truly returned to east London. Whittard of Chelsea has set up shop in Canary Wharf just yards away from where the first shipments of the produce from India and China arrived in the UK.

It's the first time the 130-year-old firm has branched out anywhere east of Covent Garden.

Speaking of the Wharf opening, which took place at the end of June, Whittard CEO Mark Dunhill said: "We'd been waiting to come here for a while



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Whittard CEO Mark Dunhill says Canary Wharf store is more teatime apothecary than supermarket

and this was the opportunity. It's a fantastic location with an incredibly high footfall.

"It was an ideal opportunity to present the new face of Whittard to a large number of people we see as our potential customers.

"It's the first store in east London and I like to think it certainly won't be the last."

Mark joined the firm at the beginning

80
Million
cups of
tea drunk
in Britain
each year

of the year with the aim of turning tea drinkers from "consumers to connoisseurs" following in the footsteps of wine and coffee revolutions.

With around 80 million cups of tea drunk in Britain each day Mark believes there's more than enough people in

the market for him to convince. When we were young, drinking wine it was the £5 cheap plonk we tended to drink

and that's similar to how tea tastes have evolved," said Mark.

"Now we want people to come to Whittard when they want tea rather than wheeling their trolley along the supermarket aisle. This would be in the same way people are going to farmers markets to buy meat and fishmongers to purchase fish."

The key to that transformation is to create a conversation with staff. The store at Canada Place, formerly Tie Rack, has been turned into a cosy alcove to reflect the ambition and there is also a pop up bar in Canary Wharf to increase brand awareness – and offer iced teas – throughout the summer.

"We want Wharfers to engage with our staff and learn about tea," said Mark. "It's got to be less supermarket and more apothecary."

"When the customer goes home with the tea they will have a few friends round and have a story to tell about where it comes from."

Go to whittard.co.uk.

Next week: Afternoon tea special



Whittard's Canada Place Mall store will not be the brand's last opening in east London

How we change for our clients

PROFILE

From babies to the elderly, caring pair tell **Beth Allcock** about their first 25 years in business

When two friends decided to set up childcare business in Wapping in the 1980s, they were met with raised eyebrows and the quip "you won't find anyone wanting to work in the East End".

But Gaby Morris and Jill Wheatcroft ignored their detractors, pressed ahead and, this year, celebrated the 25th anniversary of Riverside Cares.

Now housed in a residential property-come-office in Limehouse, its name is an umbrella term for Riverside Nannies, Riverside Childcare, a CACHE accredited training centre, parenting sessions and care for the elderly, all additions to the organisation since its creation in 1989.

Former fashion industry profes-

DOUGLAS BLYDE



Gaby, right, and Jill started off providing nannies for east London clients in the 1980s and have now expanded their business to offer training for childcare workers as well as services for the elderly

sional Gaby said the beginning of the business was tied up with both her own experience of motherhood as well as the history of the Docklands.

"I wanted a nanny, but there wasn't anything," said the 56-year-old. "There were some state nurseries but it was really specific in those years, and you had to show you had a real need for your child to be in one - there weren't any private nannies in the area."

Jill said 'why don't we do something to do with childcare in Wapping?'

"It seemed inconceivable at that point, as there was no Canary Wharf, Limehouse Link or anything."

"There was infrastructure, people weren't living in the wilderness, but there was nothing like the service we have today. We realised if I had a need so did other people."

So Riverside Nannies was born in Wapping and began to cater to the needs of east London's influx of creative, arty types living in the converted warehouses there.

While the core business continues to thrive with clients spread across the capital as east Londoners re-locate, the bulk of the firm's work now comes in the formal training of nannies.

Supported by Jill's background as a former lecturer in child health at City University and a paediatric nurse, parenting courses offered include paediatric first aid, which is delivered on-site or at the people's homes.

"People ask questions and bring their babies with them," Jill said. "We have got changing and feeding going on while we are talking, which is always good. It's very relaxed here and the sessions are designed to be supportive rather than too formal."

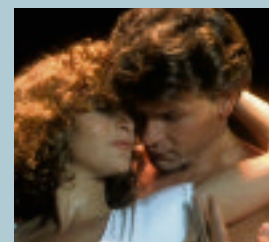
As many women opt to have babies later in their lives, meaning they sometimes have to juggle looking after their child while arranging care for their own parents, Riverside has taken steps to facilitate access to services for the elderly.

"A lot of the time our impact is very subtle," added Jill. "Sometimes it's asking us advice over the phone or just finding them the right nanny that allows people to get back to work."

"And it's about supporting people and helping them to find the right choice in childcare. I would like to think we have also raised standards in the training we deliver."

"We were seeing childcarers come through who had done the qualifications but we felt, at the time, we would do a much better training for people to higher standards."

Parenting courses at Riverside Cares cost £8.50 per session. Go to riversidecares.co.uk.



Get Dirty in aid of Tommy's

★ Fancy a girly dinner date with Patrick Swayze at an E14 hotel? Well you can - and it's all in aid of charity too.

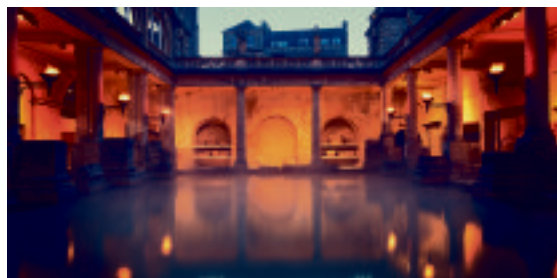
The Wharf has partnered up with the Raddison Blu Edwardian New Providence Wharf in Blackwall to host a private screening of ultimate chick flick, *Dirty Dancing*, on July 24, with proceeds donated to Tommy's.

The night in kicks off from 6.30pm, with the showing at 7pm accompanied by either a burger, hot dog or veggie burger, served up with chips.

Tickets cost £20 with half the fee donated to the charity. For tickets email daisy.lewis@trinitymirror.com or call 0207 293 2272.



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Events

NEWS IN BRIEF

Cultural catch-up

Jones to grace stage for festival

MUSIC Grace Jones, pictured, will perform at OnBlackheath in September after being selected to appear by headliners Massive Attack.

The multi-platinum selling artist will take to the stage on Saturday ahead of the trip-hop pioneers who are curating the main stage on the day they appear. The Blackheath Common event runs from September 13-14 and features music and food. Go to onblackheath.com for more information.



Boisdale to host Slovakian swing

GIG World renowned 18 piece big band orchestra The Bratislava Hot Serenaders are heading to Canary Wharf's Boisdale.

The group will bring their mix of 1920's swing and subtle Slovakian sound to the restaurant at Cabot Place on Saturday night.

For tickets go to boisdale.co.uk.

Celebrate Girl Power with Jessie



The singer says she's participating in Girl Effect Live to take a stand against poverty with youngsters

POPSTAR Jessie J is set to headline a feminist festival in Shoreditch on Sunday.

Girl Effect Live is being held to highlight the role of women in breaking the cycle of global poverty and includes a variety of activities to both celebrate and educate youngsters about the aspirations and opportunities of those living with less.

The event, held at a variety of venues in and around Brick Lane, comes just ahead of the first Girl

Summit two days later, which is being held to combat female genital mutilation. Footage from Girl Effect will be screened at the summit.

Jessie will take to the stage during the evening, supported by Sasha Keable and special guests at Village Underground.

She said: "Living in the UK, we're fortunate we have the opportunity to strive for and fulfil our full potential, but this isn't the case for many girls living in poverty."

"I am involved in Girl Effect Live, because I want to take a stand with other girls in the UK to inspire, recognise and celebrate the amazing potential of girls everywhere."

The event starts at 1pm, with spoken word performances from Dizraeli, comedienne Mae Martin.

Limited edition Girl Effect necklaces by Tatty Devine and exclusive nail art by Wah Nails will also be on offer. Go to girlffectlive.com.

What's On / Page 13

Stand-ups line up for return to Greenwich

COMEDY

Rob.Virtue
@wharf.co.uk

A HOST of stars including Ardal O'Hanlon, Nina Conti, David O'Doherty and Rich Hall, pictured, will be appearing at this year's Greenwich Comedy Festival.

Taking place in September, shows will be held at the grounds of the National Maritime Museum, near to its original home at the Old Royal Naval College.

Milton Jones, Mark Thomas, Shappi Khorsandi, Stephen K Amos, Kerry Godliman and Seann Walsh will also perform.



Cass Briggs, festival producer, said:

"We're so excited to be bringing the festival back this year in all its glory."

"We have a beautiful new home and fantastic new sponsor and this combined with a superb selection of comedians marks a new and exciting chapter for the festival."

Cider producer Magners will be sponsoring the event, running from September 24-28. There will also be live music and gourmet street food. Tickets start at £15.

Go to greenwichcomedyfestival.co.uk.

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Above, the clippers pass through the Thames Barrier on their way to a warm welcome at St Katharine Docks, below left. Below right, winning team Henri Lloyd celebrate



Thousands watch the boats come in

Rob.Virtue
@wharf.co.uk

HENRI Lloyd pipped the GREAT Britain team to first place as the Round The World Clipper Race returned to St Katharine Docks at the weekend.

It came 11 months after the ships, crewed by experienced sailors and amateurs who quit their jobs for a year to participate, left the east London venue for the mammoth trip.

Canadian Skipper of Henri Lloyd, Eric Holden, said: "This is a very special moment for the team and I to be crowned champions."

"The welcome into London has far exceeded our expectations."

In total, 670 sailors from 42 countries took part. Thousands of spectators lined the Thames as the boats returned on Saturday.

Despite coming second overall GREAT Britain won the final stage in London.

Skipper Simon Talbot said: "Coming first into our home port in the final race topped off a remarkable series of memories that made up the whole experience."

"The honour of leading the GREAT Britain team around the world is something I will be proud of for as long as I live."

Celebrations to mark the conclusion of the contest were held at St Katharine Docks until Sunday.

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Notebook

My sly, passive-aggressive boss and his email trickery

I am having a difficult time with the new manager brought in by my boss. In short, we just don't like each other.

On paper he sounded like a dream colleague (although his application did include a "smell-the-fart" black and white image – he used to be an actor, you know). In theory he's just another disappointment, someone who promises so much but sadly fails to deliver. Think Gordon Brown, George Clooney as Batman, Wayne Rooney at every World Cup he's ever played in.

In the words of Mark Wahlberg's Det

Sgt Dignam in the film *The Departed*: "I'm the guy who does his job. You must be the other guy." That's how I feel.

We are a close knit team. We might not always see eye-to-eye. Hey, we spend more waking hours with each other than we do our loved ones, so, of course, sometimes we may get a little fed up with one another.

But what we all share is a respect for the work, the role we play. We cover each other's backs and we look out for the wellbeing of all team members.

I've been out of the office at a

WORKING MUM



TABITHA
RONSON

conference with my boss for a couple of days. I returned to an Everest-sized inbox – most of them from aforementioned new manager. He has a horrible habit of copying everyone into emails. Even worse, he slyly covers his own back while dropping others in it.

That's not how you play the game. You protect, field and take the hit.

Not so this guy. He hides behind his emails. One of the many I was copied into – along with the rest of the team – read: "The last I understood, Tabitha was supposed to have contacted Mr X. She's

out of the office. Unfortunately, I cannot access her emails but the fact you have raised the issue I can only apologise on her behalf for not having done so."

Wrong! Wrong! Wrong! On so many levels – and crafty. In truth, Mr X and I went to lunch a few days before and resolved the issue.

However, according to the email that went to most of my colleagues, I failed to do my job. He apologised on my behalf too. How very kind of him.

Working Mum, welcoming any suggestions on how to deal with this toad.

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Branded DLR trains

The curse of the DLR

★ Is the DLR jinxed? The company's neatly painted Tour de France trains appeared to do all the right things – get in shot, be noticed, show support.

Only within days of their arrival, the two named cycling heroes – Chris Froome and Mark Cavendish – had both crashed out. Not only that but

Sercio itself – which runs and maintains the light railway – got the franchise equivalent of a dislocated shoulder after being elbowed out the race to keep the contract.

If you should see your name on the side of a DLR train, go immediately to bed and stay there until the danger passes.



Charlie Whisky

People, places, things

★ East London has its familiar representatives at this year's Primetime Emmy awards with Luther's Idris Elba (Hackney) and Newham's Chiwetel Ejiofor (*Dancing On The Edge*) waving the flag stateside.

A badge of dishonour?

★ West Ham clearly see the move to the Olympic Stadium as a chance to enhance their status and ally themselves to that global brand, London.

The club has put out a proposal for a new, simplified badge for the 2016/17 season with the Boleyn Castle gone and the word "London" front and centre.

But football fans, not renowned as keen to dispense with the old in favour of the new (unless it relates to strikers) have poured



scorn on the badge – and its rendition.

"Why does the new West Ham badge look like it was created by a GCSE IT student," asked Alex Coates.

Sam Diss had similar thoughts, tweeting: "It looks like a sixth form project. Angry."

SPIRAL NOTEBOOK

By Giles Broadbent

Gen-Y look to themselves for answers

Curious why Generation Y is politically further to the right than their parents or grandparents at the same age, according to a report by Ipsos Mori and Demos.

The new century may have heralded an age of comfort and prosperity but the battle lines aren't so very different.

On the same day as the Gen-Y report, hundreds of thousands of public sector workers were on strike over pay, pensions and cuts.

Meanwhile, another major corporation (Nando's) was revealed to be using secretive off-shore tax havens to keep tax money out that possible people's pension pot. And the Government was busy rushing

““ These days everyone has a voice and access to an audience

through legislation to snoop on the individual citing security concerns.

Could be any year in the last 70. Yet Gen-Y feels the answer is not revolution but individual empowerment.

Perhaps it is because collective action and people's uprisings of the past have been a clamour to have a voice, to be heard, in a world where access to the media was through heavily-policed, elite channels.

These days everyone has a voice and access to an audience. Every nuance, whim or opinion is out there, exhaustively. It may be misheard, misunderstood, inane, ignored or tripe but at least it is an engagement of sorts.

People are part of a community and each penetrates that community as an individual rather than being just another brick in the wall.

It's not Generation Why Me?, it's Generation Y? Me!

Follow Giles Broadbent on Twitter @MediaGulch





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News

Olympian reprises role as the starter at anniversary run

SPORT

Sir Chris Hoy will return to scene of his triumph for legacy event

Beth.Allcock
@wharf.co.uk

Newham's celebrations of the London 2012 Olympic Legacy will again be led by Sir Chris Hoy this weekend.

The track cyclist and Britain's most successful Olympian said he is "honoured" to be the official starter for The National Lottery Newham London Anniversary Run at the Queen Elizabeth Olympic Park on Sunday.

A new course has been planned for the mass participation event, organised jointly by Newham Council and The National Lottery and supported by the London Legacy Development Corporation.

Participants will soak up a variety of Stratford's sporting sights on their five-mile journey, including the Copper Box arena, the former athlete's village, the London Aquatics Centre and the ArcelorMittal Orbit.



Sir Chris Hoy will again join Sir Robin Wales at the event

Sir Chris, who took on the role of starter of the inaugural run last year, said: "It will be really exciting to see all the runners on the new course, which takes in the VeloPark where I experienced some of the best moments of my career."

"This event is a great celebration of the National Lottery's support for British sport, athletes and the community."

"I look forward to seeing lots of old faces and many new ones on the starting line on July 20."

It's not just adult runners who can enjoy the legacy fun, with a special 1.5-mile challenge for youngsters aged five and over in the Family

1.5
Mile
distance
for the
event's
fun run

Run. The anniversary celebrations will next year take place in the Olympic Stadium after it re-opens following redevelopment work.

Those who qualify for Sunday's run will automatically secure a priority place for 2015.

Mayor of Newham Sir Robin Wales said: "This is an excellent event that showcases all the park has to offer."

"Through our involvement in this event, I have been able to offer 1,000 free places to Newham residents plus 300 places in the family run."

"The run is one of many events in the park available to residents, which I hope will help to inspire and encourage more people to take up sport." Go to anniversaryrun.com.

Youth projects seek votes

Rachel.Bishop
@wharf.co.uk

TWO east London youth projects have reached the finals of this year's National Lottery Awards.

Carry a Basketball Not a Blade and Tower Hamlets Air Cadets – plucked from 750 entries – are calling on local supporters to make them winners in their categories by voting.

The former, which is up in the Best Sports Category, was set up in 2008 by Anthony Okereafor after two of his friends were killed through knife crime.

Combining basketball coaching with talks about the dangers of knife crime and gang culture, the club visits local schools as well as the Newham All Star Sports Academy.

Anthony said: "It's all about breaking down divisions between youngsters from different postcodes and



Anthony Okereafor set up a charity to fight knife crime

between youngsters and the police – too many young people are dying just because they happen to walk into the 'wrong' area."

Tower Hamlets Air Cadets, in the Best Education Category, was set up in response to the August 2011 riots to teach 13-20-year-olds positive values while learning

about aviation and the Royal Air Force.

Actor John Barrowman, who is presenting the awards said: "I urge everyone to get behind the east London finalists as they aim to get the recognition they so richly deserve."

Go to lotterygoodcauses.org.uk/awards to vote.

Location, location, location...



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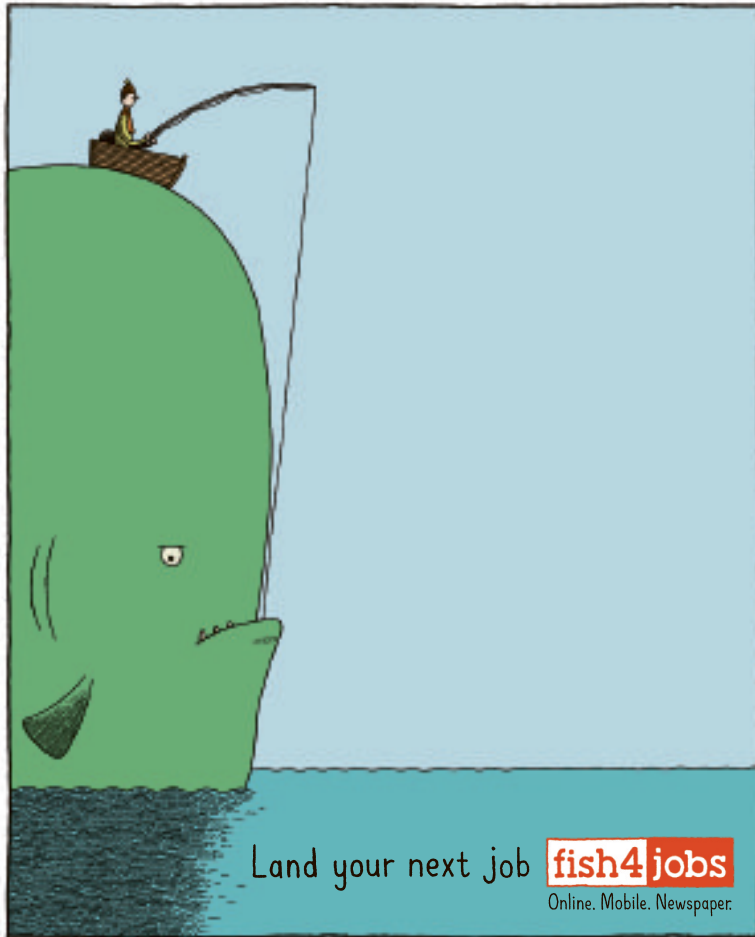
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Fashion / Page 55

News

TWITTER

TOXIC PLUME



Residents were warned to stay indoors after smoke from about 400 tonnes of pre-recycled material wafted over Canning Town on Tuesday. At the height of the blaze 70 firefighters attended the warehouse in Scarab Close to bring the fire under control. The brigade's boat was also brought in to battle the flames. **Full story at wharf.co.uk**

15,000 may be fraud

Rob.Virtue
@wharf.co.uk

CLAIMS up to 15,000 votes in the Tower Hamlets local election were fraudulent are to be made in an upcoming High Court case.

A group of residents in the borough have been collecting "evidence of malpractice", which they hope to use to convince the court to investigate the May 22 vote.

One of the election petitioners Andy Erlam said: "Given the flood of infor-

mation that has come to us, it appears as many as 10-15,000 votes counted were fraudulent.

"My impression from the evidence so far collected is that there was an industrial-scale operation in Tower Hamlets, the like of which I have never seen before even when an International Election Observer in Africa."

The group is also appealing for funds and is accusing the council of trying to bankrupt them by hiring an expensive law firm to challenge them,

promising a lengthy and costly battle.

Labour candidate Mr Biggs, who lost by 3,500 votes to Lutfur Rahman in the mayoral election, said he would do all he could to ensure the case was properly considered while respecting the democratic process.

The council said it would contest the allegations in court and maintained measures put in place for the election were the "toughest available within the limits of the current law".

Full story at wharf.co.uk

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Tommy's

What's On

7 days ahead

Highlights of the week



STAGE

Holes
Arcola

★ With a prime comedy cast including *The Wrong Mans*' Mathew Baynton, *Stella*'s Elizabeth Berrington and Bafta-winning Daniel Rigby, writer Tom Basden's razor sharp comedy has a limited run at the Arcola pop-up.

The theme is strangely prescient focussing on four survivors of a plane crash that the world may not know are still alive. "Planes don't just disappear, do they?" reads the eerie (presumably pre-MH370) PR blurb. *Until Aug 9, Arcola Tent, £20, arcolatheatre.com.*



MUSIC

Spatial AKA Orchestra
Barbican

★ Ska pioneer Jerry Dammers reappears with his Spatial AKA Orchestra which has moved from its simple origins to encompass funk jazz, reggae, rock steady and big band rhythm and blues. The founder of 2 Tone and the Specials interprets these styles with modern twists including dubstep and hip hop. *July 18, Barbican, £17.50, barbian.org.uk.*

COMEDY

Work In Progress
Waterloo East Theatre

★ Small theatre spaces are good places to catch comedians trying out new routines. And there are few bigger than *Mock The Week* host and maths geek Dara O'Briain who brings his aptly-titled *Work In Progress* to the railway arches in preparation for a major tour.



July 21, Waterloo East Theatre, £10, waterlooeast.co.uk.

There is no lone genius. Many played their part



Two English Ships Wrecked In A Storm On A Rocky Coast by Willem van de Velde c1700. Below: Harrison's H4

EXHIBITION

Giles Broadbent
@wharf.co.uk

In many ways, a major new exploration of the quest for longitude at the National Maritime Museum is the story of Greenwich itself.

The Royal Observatory was founded in 1675 to help mariners "find out the so much desired longitude of places for perfecting the art of navigation".

The combination of time, space and meridian that gives Greenwich its heritage is also the blend of sciences that provided the answer to a problem that cost so many lives.

Ships, Clocks & Stars: The Quest For Longitude takes as its cue the passing of the Longitude Act, 300 years ago. (Among the many impressive

artefacts is the scroll of the Act itself, on public display for the first time.)

This Act constituted the Board of Longitude – a mix of scientists, Admiralty top brass and politicians – which gave grants and rewards for ideas that could help ships fix their East-West position.

The Act triggered a tumult of thought from some of the greatest names in the land – Isaac Newton, John Flamsteed, Edmond Halley, Charles Babbage – while the Georgian coffee houses were homes of fertile discussion – and derision.

Five major areas emerged as viable – signalling, magnetic field variation, clocks, lunar distances, and the rotation of Jupiter's moons. Of those, two showed promise and ran in tandem – improving the accuracy

of clocks and tabulating the moon's movement. The former helped keep accurate record of longitude while the latter was the best way to find it, if lost.

One name is synonymous with the quest. John Harrison, the clockmaker whose breath-taking chronometers H1 to H5 are on display.

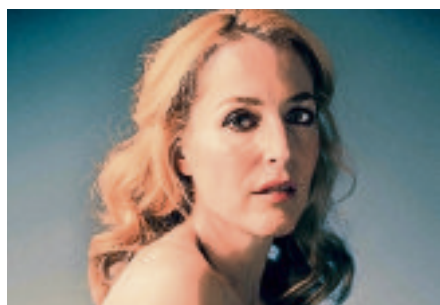
Co-curator Rebekah Higgett said: "The well-known story is John Harrison, the lone genius, solving the world's greatest scientific problem."

"I can see why people want the John Harrison story to be true. In fact Harrison gets a huge amount of support; but it is much more about the Government investing, about collective endeavour."

Continued on next page



FURTHER AFIELD



★ Gillian Anderson is such a drawer in the Young Vic's **A Streetcar Named Desire**, the run has been extended to September 19 with a "day seat lottery". The production opens July 28. *Go to youngvic.org.*

3 of a kind

Jazz evenings

1 Dean Friedman at WMJazz

Water Margin, in The O2, has a new jazz venue WMJazz which sees chart-topping Dean Friedman and his band The South Street Fusion Project there for a two-night residency on July 18-19. *Go to clubwm.co.uk.*



2 Preservation Hall Jazz Band at Brooklyn Bowl

Nearby, at another O2 venue, Preservation Hall play authentic New Orleans jazz continuing the efforts of the first generation of the band, formed in 1961 to promote the original sound. July 21. *Go to theo2.co.uk.*



3 Orli Nyles Trio at Boisdale Canary Wharf

Young jazz singer and pianist Orli offers a sultry, velvety take on the timeless standards. She has performed with the likes of Gary Barlow and Pixie Lott. July 22. *Go to boisdale.co.uk.*



We would like to congratulate the winners of the Carrot Cars 'Carrot Cup' Tug o' War competition held at the Le Tour de Limehouse Festival on the 6th July 2014

1st Place – Millwall Rugby Club • 2nd Place – 28 West Bar & Grill
Runners up – Urban Bar Warriors, Stray Foxes and the London Fire Brigade

Carrot Cars

What's On

Larcum Kendall's K2



Technology that lasted to this day

From previous page

"The discovery or an invention is not the end of the story, it takes a lot of time and a lot of people."

The impressively-mounted exhibition follows the two leading and complementary contenders through their evolution and mass production. They turn up as footnotes in some of the finest tales of our maritime heritage.

Larcum Kendall reproduced Harrison's clocks and his K1 went with James Cook on his voyages to the South Seas while K2 stayed with mutinous crew of the *Bounty* while exiled William Bligh used traditional



The Longitude Act

tools of navigation to the ship's boat for a 47-day odyssey. Rebekah said: "The Board of Longitude continued to

exist to 1828 and it continued to support the process."

Its demise was political at a time of great upheaval and reform although the work never stopped and was initially taken over by the Admiralty with the Royal Observatory an important resource.

The story, in a sense, continues to this day. No great revolution overtook the stars and clocks as a reliable method until satellite-based GPS.

Rebekah said: "The [celestial] nautical almanac is still your back-up if GPS is blocked or fiddled with – its a military technology owned by America so it is vulnerable."

"They stopped teaching astronomical methods in the Navy some time ago but they are re-introducing it to a degree just so some people know the techniques because it remains the only way you can find your longitude if you've lost it."

"Timekeepers are still effective but are not issued. Once you can get a time signal by wireless this takes over. But it is not until the late 20th century that these systems finish."

Until Jan 4, National Maritime Museum, £8.50, rmg.co.uk.

I'll bring out big guns to match the setting

INTERVIEW

Headliner Russell Watson says he's excited by music festival location

Beth.Allcock
@wharf.co.uk

A chirpy Russell Watson admits he's had his head buried in the history books in preparation for a trip to SEIO this summer.

As well as helping kick off celebrations for Le Tour de France's Yorkshire leg and clocking up the hours in the recording studio, the "Salford lad" has been cluing up on Greenwich as the venue for his August gig.

The tenor will take to the stage at The Old Royal Naval College as part of the town's inaugural Greenwich Music Time Festival, running from August 20-23.

Accompanied by the Royal Philharmonic Orchestra, he'll perform on the third of four nights, with headliners Goldfrapp, The Australian Pink Floyd Show and Jools Holland also on the bill.

But he reveals he's never set foot in the grounds of Sir Christopher Wren's creation.

"I didn't know much about The Old Royal Naval College until now," said Russell.

"I have been looking at some images and the history though and it looks like a fantastic place for a show."

"I am used to singing at grand stately events, even some state events, and it never takes away from the excitement of performing somewhere that's absolutely stunning architecturally."

"Sometimes when we are doing an outdoor location you will arrive and realise the glamorous location is a drive away, and you're stuck in a field next to it."

"This spot is bang in the middle, set in between the two buildings and it's going to look absolutely incredible."

He says the acoustics will inevitably be a challenge and there's always the tricky issue of the weather – but he's



Russell Watson, 47, has an eclectic songbook to call on

got an impressive track record of dodging the showers on stage.

As well as belting out some classics from *Les Misérables*, the 47-year-old said his fans would also be treated to his classical operatic repertoire.

"I'm looking at bringing out the big guns as well," he said.

"We will do the usual prom-style festival fare with *Land Of Hope And Glory* and *Swing Low*, that type of material, in between all of that the *Les Mis* repertoire and the classical

opera arias. And the fans have their favourites too."

"Believe it or not, these favourites are diverse from *You Raise Me Up* right through to *Nessun Dorma*, which are very, very different styles to perform on stage."

"I do enjoy singing the operatic stuff and it doesn't get much better than the Royal Philharmonic."

"If you've got this classical orchestra playing for you, it's generally going to be a great show."

Festival-goers may also witness a duet – perhaps with singer Kerry Ellis – who is also on the bill.

Russell mused a track like *The Prayer* may be one to tick all the boxes for the pair.

And, after a setlist containing a collection of the singer's "big, strong ballads", his fans can expect more in the same vein, with a new album release scheduled for next winter.

Aug 20-23, Greenwich Music Time, Old Royal Naval College, greenwichmusictime.co.uk.

SCREEN



Dawn Of The Planet Of The Apes

(12A) 130mins
★★★★☆

Ignore the barking calls of *Pudsey The Dog: The Movie*. There is only really one release this week with two "the's" in the title, which is why any half-decent films have shied away from this week as a release date.

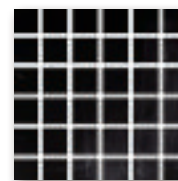
No, *Dawn Of The Planet Of The Apes* is the only animal movie in town and Matt Reeves' sequel is getting the same sort of cult crossover buzz as *The Dark Knight* franchise.

The story is this. A growing nation of genetically evolved apes led by Caesar (the incomparable Andy Serkis) is threatened by a band of human survivors of the devastating virus unleashed a decade earlier.

They reach a fragile peace, but it proves short-lived, as both sides are brought to the brink of a war that will determine who will emerge as Earth's dominant species.

With intelligence and emotional resonance to match its stunning special effects, the movie expands on its fairly quiet predecessor and pushes motion capture to new levels of realism.

GOING MOBILE



MUSIC

1,000 Forms Of Fear

Sia

★★★★☆

Having written hits for artists like Katy Perry, Rihanna and Beyoncé, Sia Furler has turned her attention to her own LP.

You may have already been introduced to the Australian's sixth studio album via the first single, *Chandelier*, which begins with a simple drum and vocal intro before transforming into a searing, anthemic track.

This is a proper pop album, but in a good way, with too many quirks and intricacies on display for it to be just like any other generic release. If *1000 Forms Of Fear* doesn't prove to be as big a commercial hit as the tunes Sia pens for others, it'll be a shame, because this album is pretty brilliant.

PW

Read on »

Win dinner, a movie and a Dawn Of The Planet Of The Apes goodie bag

Page 63

OTHER HEADLINERS



The Australian Pink Floyd Show, Goldfrapp and Jools Holland

Health

Pump up the antioxidants to help combat life in city

Breathing in pollution generates free radicals but berries can help mop these up



DIET

East London expert says aronia could make real difference, writes **Beth Allcock**

There's a new berry leaving its healthy stain on the fitness block. Aronia has been branded "the healthiest berry in the world" – statistics from the US Department of Agriculture show its ORAC levels (a measure of the antioxidants in a food) far exceed those in the likes of elderberries and cranberries.

Another contrast is the in-vogue goji berry, which has an ORAC figure



Libby Linton of Frame in Shoreditch recommends Aronia Berry 30 Day Shots, inset

of 3,290 compared with aronia's 16,062.

Even east London nutritionist Libby Limon, who admits to a certain scepticism about superfoods in general, is excited that Wharfers can get their lips around it in liquid form.

She said: "This is something I would recommend to clients. It kills two birds with one stone."

"It's the kind of thing you want to integrate into an everyday diet – I make it as a bedtime drink or you can even add it to spring water."

Aronia Berry 30 Day Shots was launched by Vitona earlier this month as a supplement that can be diluted, mixed into a smoothie or taken neat 23ml daily doses. It's low in sugar and suitable for diabetics.

Libby, who shuns goji berries because of their taste and the high number of food miles associated with their production, said: "If you look at any berry that's dark purple or red in colour it's full of antioxidants

that are going to protect you from a number of diseases."

"When you breathe in pollution, drink alcohol or exercise free radicals are created in your body."

"They generate a certain effect that can damage cells and create inflammation – this is one of the major causes of chronic disease, anything from cardiovascular disorders to arthritis and autoimmune conditions."

"High antioxidant fruits create a release of the free radicals built up from breathing pollutants and drinking alcohol."

"The other thing about berries is they don't have a lot of fructose but they do add flavour."

Aronia Berry 30 Day Shots cost £19.95 for 700ml.

To buy go to revital.co.uk.



On a quest to fight the toxin tyranny

Lisa Salmon
The Wharf

Modern life exposes us to chemicals every second. But the problem, says natural health campaigner Anna Rodgers, is they're not just chemicals – they're toxins.

People come into contact with some 80,000 toxins a year, she says, and they're damaging our health.

Rodgers is not a scientist, doctor or dietician, though she describes herself as an "independent researcher" and she's so concerned about toxins that she spent two years writing her new book, *Toxic World Toxic People*, to highlight the problem and explain how to minimise exposure.

"I'm not an expert, but I'm someone who's passionate about getting the discussion about toxins going," she says.

"Throughout history, doctors and scientists have told us lies about what's healthy and what's not, and if they knew everything we would not be sick today."

"It's absolutely bonkers how many toxins there are to be concerned about."



Concerned author Anna Rodgers has written a book condemning our use of chemicals

"Most things these days aren't at all natural, and we're surrounded by plastics. It's out of control."

So what can be done about them? Rodgers admits that it's difficult to know what the answer is.

She says: "Ideally, I'd like a world where we try and stop using these chemicals. But some of them have made our lives better – we couldn't stop flying or using cars, for example, even though the pollution is a huge problem."

Personal choice plays a big part. Having cut out as many toxins as she can, she says she's now "100% better" and advises others to do the same.

"Awareness is key," she says. "It's all about learning where these toxins are."

Her suggestions include monitoring cosmetics, cleaning products and foods carefully, especially tinned products. *Toxic World Toxic People* is published by Soul Rocks, priced £21.99

BERRY BOOST ★ Try these three for an instant hit of fruity goodness:



■ **9Bar Breakfast in Apricot and Strawberry**
Tesco, Cabot Place Mall, 90p per bar
Before you begin a workout, chomp down one of these seedy treats. Chunky fruit, cashew nuts and agave nectar to provide a gluten and wheat-free energy rush.

■ GU Energy Gel Tri-Berry

Runners Need, Churchill Place, £38.40 for 24
One for the hardcore fitness fans to help fuel up on-the-go. This long-lasting energy product contains fast-acting fructose. Take one every 30-45 minutes while cycling or running.



■ Upbeat Strawberry protein pure dairy drink

Tesco, Cabot Place Mall, £1.79 for a 250ml bottle.
This summer addition to the range is packed with fresh fruity puree as well as plentiful protein, offering a low-fat, 150-calorie snack to fill you up when the mid-morning hunger pangs really set in.



Food

Get those east Asian flavours in

With 100 recipes for soups, salads, noodle dishes and sushi, you'll be spoilt for choice with Itsu's cookbook.

It's crammed with the brand's recipes for dishes such as chicken teriyaki, brown rice pots and iced teas as well as tips on creating raw fish dishes.

All claim to be quick, easy, satisfying and less than 300 calories per



Whether its sushi or one of the chain's other pan-Asian dishes it should be in here

portion, so ideal for those on a diet.

Chain founder Julian Metcalfe said: "We wanted to write the book so people could create their own eat beautiful Itsu experience at home."

■ **Itsu the cookbook: 100 low-calorie eat beautiful recipes for health and happiness by Julian Metcalfe and Blanche Vaughan, is published by Mitchell Beazley and costs £15.99.**

Beth Allcock

SUSHI STOPS

★ Need to get your fresh fish fix but can't be bothered with the fiddly rolling up in the kitchen? Here are some Wharf outlets that will sort you out:

■ Itsu

Canada, Cabot and Jubilee Place Malls

With a trio of outlets on the estate, there's bound to be one within walking distance. Try the health and happiness package (£7.99) with line caught tuna and salmon sushi, salmon sashimi and much, much more.

Go to itsu.com.

■ Wasabi

Cabot Place Mall

Running late and need to grab a snack? There's plenty of ready made sushi here or opt for a selection box for decent value and quality.

Go to wasabi.uk.com.

■ Marks and Spencer

Jubilee Place Mall

If you're dashing around Jubilee Place Mall in your lunch hour, make a swift stop off here. The retailer

has boosted its sushi range for the summer season – try the Futomaki selection (£3.50), pictured. Go to marksandspencer.com.



EAT OUT

★ Try these upmarket restaurants to get the best possible sushi experience in E14:

■ Roka

Canada Square

Try the special weekend offer for Japanese Brunch, with signature Robata dishes served up alongside sashimi platters – various prices.

Go to roka-restaurant.com

■ Yokoso,

Isle of Dogs

A hidden gem, this serves some of the best sushi and sashimi The Wharf team have ever tasted.

Go to yokoso-uk.com.

8

STEPS TO MAKI ROLLS

Ingredients

Round Italian arborio rice (one cup makes three rolls)

Maki sheets of seaweed

One cucumber

Black and white sesame seeds

2 tbsp sugar

2 tsp salt

Rice vinegar

Fresh chilli (optional)

Wasabi (optional)

Equipment

One bamboo sushi rolling mat (these are available in Waitrose, priced £2 each)
Sharp knife
Chopping board



For the rice: Wash rice in cold water up to 14 times to remove starch. In a little excess water, boil, simmer for about six minutes, then chill.



Slice cucumber: Cut a whole cucumber into eighths, the thickness of each slice less than a centimetre, to be used as the centrepiece of the maki roll. The long strips are just the right size for one roll.



Fill me up: Place a strip of cucumber in the centre and sprinkle with the black and white sesame seeds. You can also add wasabi and chilli if you'd like your rolls to have a little more kick. Other ingredients you could include are fish, pickled ginger or spring onion.



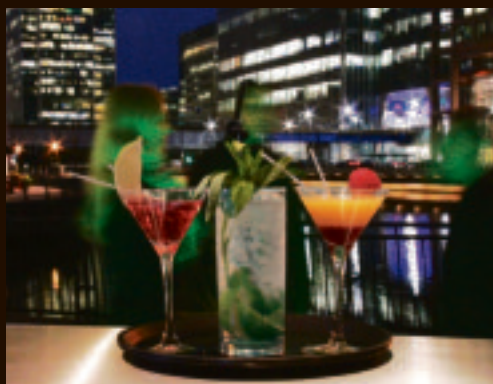
Slice it up: After gently extracting your roll from its mat, take a sharp knife and slice each roll cleanly into eight pieces. It helps to do this in two sets of four to get equal lengths.



Present: Lay out your rolls in groups of six to serve, after repeating the steps.



AMERIGO VESPUCCI



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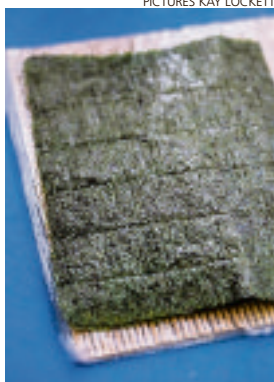
STILL TO COME

Slipping a little orient into your wardrobe

Fashion / Page 55



PICTURES KAY LOCKETT



Get the sushi mat ready: Place a bamboo sushi mat (supplied by Billingsgate Seafood Training School on the course we attended) – positioned vertically – on cling film for ease of rolling. Then lay your seaweed maki sheet shiny side down the bamboo mat.



Rice to roll: Season the rice by dissolving the sugar and salt in half a cup of rice vinegar (this is enough for three cups of rice), then pouring the mixture over the grains. Allow to cool to room temperature. Wet fingers and press the sticky rice sparingly across the maki.



Roll up: This is the most nerve-tingling part. Lift only the bamboo mat from the bottom, rolling up to the top of the rice. Squeeze together firmly. If your roll's looking a bit uneven, gently press into more of a square shape.

Learn with raw fish

The above recipe comes from Billingsgate Seafood Training School's sashimi and sushi making class, which costs £168pp for five hours.

Led by Silla Bjerrum, founder of Feng Sushi, which operates at the market, participants learn to create a range of pieces including avocado maki, tuna nigiri or salmon maki speckled with sesame seeds and chilli.

The class also covers the correct method of preparing fresh fish for sashimi as well as a range of tips for getting



Class will show you how to eat this tasty character with no cookery involved

out of sticky rice situations encountered while creating the sushi.

The price tag might appear pretty hefty but it does include the chance to take home around nine boxes of sushi

and sashimi, amounting to more than 60 rolls – perfect for feeding friends and family after the event. The next course starts at 8.30am on July 19.

Beth Allcock
Go to seafoodtraining.org.

Brought to your offices

REVIEW

K10

Sushi delivery

If you can't even be bothered to make it down to the malls for your sushi, K10 will deliver corporate packages to your office from its Appold Street or Copthall Avenue branches. *The Wharf* sampled some dishes over a Friday lunchtime to help you choose:

MUSTS

Beef carpaccio

Five pieces, £6.95

For meat eaters, this was tender and light and tasted really healthy. The powerful peppering was delicious and made the dish. The honey style sauce really added to the flavour but sapped the light texture a little.

Medium vegetarian set

11 pieces, £7.95

For the veggies, this delicious collection included tofu nigiri



Some of the K10 sushi we tried at our Canary Wharf desks

(comforting and moist) and avocado and cucumber rolls (pure refreshment). Not to be shared.

MAYBE

Mixed pepper tempura and avocado uramaki

Eight pieces, £5.50

Not the most appetising thing on the menu but the crunchy sweetness of the peppers is a welcome surprise.

It's a great price too, especially as the rolls come

served up with soy sauce, wasabi and pickled ginger.

AVOID

Seared sesame tuna

Five pieces, £6.95

Dry as a sand dune, these tired little slivers of fish tasted as though they'd spent a long time waiting to make it onto a K10 distribution truck. Not the catch we were hoping for. Order at k10.com or call 020 7247 7745. There is a minimum £25 spend.

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Simply text **REG** followed by your first name, date of birth, area and your advert (max 155 characters) and send to **80098 FREE** (Standard Network rates apply)

To **Reply** to members from your landline call:
0906 500 3729

calls cost £1.53 per min
Have the adverts 6-digit box no written down and do **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

To **Reply** to members from your mobile call **68118**
calls cost £1.50 per minute plus network charges

Or **Text.. REPLY1** (leave a space) the six-digit box number (leave a space) and then enter your message & send to **80098** eg: **REPLY1 123456 hi get in touch...** then send to **80098**
Successfully forwarded messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for yr safety and security.

Been left a message?
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calls cost £1.53 per min

PLUS you can also listen to other members greetings on this number.

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Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

JEWISH woman, 60's. WLTM Jewish man, 60's for all good things in life. Tel No: 0906 500 3729 Box No: 412763

ANNA, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box 366019

LESLEY intelligent attractive slim female, enthusiastic, loves life, interests, looking good and keeping fit, seeks similar passionate Mr Wonderful. Tel No: 0906 500 3729 Box No: 412323

FEMALE seeking kind, caring gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411751

LAUREN 24yr old petite blue eyed barmid, slim brunette, pretty, sporty, likes cosy nights in, WLTM caring well built easygoing male for meets, 30-45yrs. Tel No: 0906 500 3729 Box No: 411211

CHRISTINA, curvy beauty, 27yrs, own home, very very adventurous seeks no strings fun and frolics. Can accommodate and will answer all calls. Tel No: 0905 002 1953 Box 410127

BECKY 38 size 10, big blue eyes, considered stunning, honest, fun and caring, looking for similar kind of person to enjoy fun times. Tel No: 0906 500 3729 Box No: 412593

FEMALE N/S, seeking male to share and enjoy life with, 48-55. Bucks area. Tel No: 0906 500 3729 Box No: 412637

GENUINE widow 72, seeks kind, sincere gent for friendship and to put the sparkle back into my life. Tel No: 0906 500 3729 Box No: 413081

CHRISTINE seeking fun loving male, 56-63, young minded for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413087

MAUREEN, discreet sensual lady, 42yrs seeks daytime fun at her home. ACA. Tel No: 0905 002 1959 Box 405297

LOREN pretty petite 24yr old female, likes swimming, walking, cosy night in watching a movie, seeking caring well built loving male with nice personality 30-45. Tel No: 0906 500 3729 Box No: 413015

JULIE 46yr single female, long dark blonde hair, big blue eyes, loves home cooking followed by cuddles on the sofa with a nice wine, seeking genuine male, no time wasters. Tel No: 0906 500 3729 Box No: 412907

SALLY, sensual slim blonde seeks no strings discreet man 35+ for daytime meetings. Tel No: 0905 002 1941 Box 402233

BECKY 38yrs stunning size 10, big blue eyes, feminine, long hair, honest, fun, seeks honest reliable male to go out with, have a nice time and some much needed fun. Tel No: 0906 500 3729 Box No: 412597

JANE 29yr old horsey female, loves the outdoors, cycling, as well as duvet days. WLTM not too serious male for a hopefully normal relationship. Tel No: 0906 500 3729 Box No: 412315

WIDOW 70, lonely, seeking gent, 70-75 to bring a bit of sparkle back in life, likes theatre, cinema. Tel No: 0906 500 3729 Box No: 412475

ESSEX slim blonde lady, 60's, young outlook, seeks gent, 60-69, likes holidays, meals out, weekends away with happy disposition for fun times. Tel No: 0906 500 3729 Box No: 412479

CLARE 36yrs successful single mum, independent, employed with OHAC, size 10, green eyes, pretty, likes swimming, family life, seeking male with similar values and interests. Tel No: 0906 500 3729 Box No: 412053

SAM, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1947 Box 408297

CHERYL 21yr old single mum of one, slim, attractive, long hair, seeking true honest male up to 40yrs to put some fun back into life. Single dad welcome. Tel No: 0906 500 3729 Box No: 412385

ANN 40's female looking for male for broadminded adult fun, no strings. Tel No: 0906 500 3729 Box No: 412369

SUSIE, married, adventurous/dominant lady, 38yrs, seeks discreet man any age/area for no strings fun. Tel: 0905 002 1943 Box 412285

JANE bored 43yr old student with plenty of spare time, likes drinks out, walking my dog, swimming, looking for similar lonely companion, 38-50. Tel No: 0906 500 3729 Box No: 412357

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AREA and

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ROMANTIC 42yr old slim black mum of 1, loyal, likes countryside, cooking, music, nights in/out, comedy, seeks male, 45 plus for fun and laughter. Tel No: 0906 500 3729 Box No: 412063

52YR old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

SHARON 32yrs and still soul searching for Mr Right, I enjoy keeping in shape, caring for people, seeking loving respectful guy who also knows a good time. Tel No: 0906 500 3729 Box No: 412049

WIDOW 60's, nice personality, GSOH, seeks nice male 63-70, for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412101

SONYA tall leggy vibrant very attractive black lady who loves gym, music, dining out, seeks mature responsible, respectable professional to be my soul mate. Tel No: 0906 500 3729 Box No: 411697

CARRIE 29yr old fun loving attractive single mum with OHAC, likes nights in or out, music, WLTM similar fun romantic handsome man for friendship possibly more. Tel No: 0906 500 3729 Box No: 412151

DEBS very hurt but healing female only looking for honest, caring genuine guy who will love me for me. I have varied interests and love music and Lanzarote. Tel No: 0906 500 3729 Box No: 409275

SUE 38 enjoys cinema, clubs, meals in/out, very broadminded, attentive, tactile, passionate, looking for lots of fun with Mr Wrong! discretion assured. Tel No: 0906 500 3729 Box No: 411205

JOANNE 36yr old single self-conscious mum, likes pubs, clubs, nights in/out, coast, seeks faithful kind guy 30-45 to share the rest of my life with so no time wasters pls. Tel No: 0906 500 3729 Box No: 410569

LEANNE young curvy single female looking for smoking hot single guy to enjoy nights in/out full of laughs and good times. Call me. Tel No: 0906 500 3729 Box No: 410563

SUSAN 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

JANE pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

SUE optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

LUCY Asian origin, 39yr single mum, loyal, loving, fit, romantic, honest, genuine, looking for older gent to romance, look after and fall in love with. Tel No: 0906 500 3729 Box No: 409713

FREYA 33 6ft blonde, loves dancing and have a good time, employed, own home, one son, seeking similar laidback guy/dad for dates, chats and more. Tel No: 0906 500 3729 Box No: 412045

MARILYN really nice curvy tactile female, loves romantic walks, cosy nights in, quality times, looking for nice male to spend time and fall in love with. Tel No: 0906 500 3729 Box No: 411871

SARAH 25 petite slim attractive blonde student, enjoys keeping fit, looking good, socialising, going out, being a mum WLTM similar fun genuine guy. Tel No: 0906 500 3729 Box No: 411537

33YR old sick of being single working mum, OHAC, likes the simple things in life, looking for romantic, honest guy with GSOH for cosy nights in and fun nights out. Tel No: 0906 500 3729 Box No: 411887

RITA divorced care worker with no ties, 5ft 1ins, dark hair, enjoys meals out, cosy nights in, seeking male 45-55 with GSOH and similar interests. Tel No: 0906 500 3729 Box No: 411775

MELANIE tall curvy attractive bubbly female who loves meals out, cosy nights in with a nice wine, walking, seeks professional male with outgoing GSOH. Tel No: 0906 500 3729 Box No: 411509

60'S slim blonde, size 10, Essex area, seeks gent for holidays, weekends away, meals in/out, fun times, perhaps more. Tel No: 0906 500 3729 Box No: 411813

LAURA happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

KATIE 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

JEWISH widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

DAWN 38 dark hair/eyed medium built busy female who loves nights in/out, WLTM fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

TERRI 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

KAREN very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

CATHY very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be wined, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

JOSEPHINE pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

CHINESE female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

SANDY 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

FEMALE slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium built, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

DIANE late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for soul mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

Men seeking women

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6FT male, slim, short hair, clean shaven, seeks slim, easy going female with similar interests for friendship, maybe more. Tel No: 0906 500 3729 Box No: 413077

BLACK male, 50, bubbly, WLTM burx, curvy, voluptuous, rubinesque white female, 25-55 for friendship/LTR. Tel No: 0906 500 3729 Box No: 413073

TALL slim, easy going male, 42, 5ft 11ins, seeks attractive, feminine lady for nights out and socialising. Tel No: 0906 500 3729 Box No: 413167

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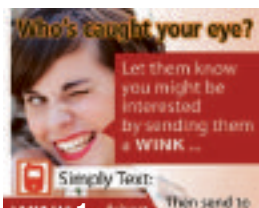
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AJ 35, looking for no strings fun with lady up to 45, bigger the better. Tel No: 0906 500 3729 Box No: 412889

PAUL tall, good looking, white, slim-medium build, dark hair, blue eyes, seeks tall, slim, attractive black girl for fun times, maybe more. Tel No: 0906 500 3729 Box No: 412885

JEFFERY 57, 6ft, medium build, white, likes meals out, nights in, bowling, cinema, seeks genuine black lady, 30 plus for serious 1-2-1 relationship. Tel No: 0906 500 3729 Box No: 413025

JOHN likes swimming, countryside, caravans, camping, looking for nice lady, any age/race. Tel No: 0906 500 3729 Box No: 412949



TERRY seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 412677

WILLIAM 67, young at heart, N/S, clean shaven, smart, easy going, likes days out, meals, walks, sport, seeks female who is fed up with being lonely for fun times. Tel No: 0906 500 3729 Box No: 412647

52YR old inexperienced male, seeks attractive, inexperienced older lady for fun times. Tel No: 0906 500 3729 Box No: 412605

GENUINE guy 59, seeks LTR, fun and friendship with similar female. Tel No: 0906 500 3729 Box No: 412561

EASY going male, 61, 5ft 9ins, medium build, seeks attractive, feminine female for LTR. Tel No: 0906 500 3729 Box No: 412609

JAMES young, free and single, please give me a call if interested. Tel No: 0906 500 3729 Box No: 412345

6FT 2ins male, 42, brown hair, green eyes, likes swimming, cycling, seeking female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 411637

5FT 11ins male, mid 70's, N/S, OHAC/teeth, likes swimming, diving, geology, gardening, may buy house in Barbados. Tel No: 0906 500 3729 Box No: 412747

45YR old male, intelligent, GSOH, looking for no strings fun. Tel No: 0906 500 3729 Box No: 412829

JON 22, looking for no strings fun with any female up to 35. Tel No: 0906 500 3729 Box No: 412607

ESSEX chap 61, 5ft 9ins, N/S, good company, retired, likes travel, animals, seeks slim, similar female for nice times. Tel No: 0906 500 3729 Box No: 412511

5FT 11ins male, 70's, OHAC/teeth, likes swimming, diving, geology, crop growing, buying house in Barbados. Tel No: 0906 500 3729 Box No: 412501

WEST Country male, trustworthy, kind, loving, HIV, seeking genuine, black, African lady for genuine LTR. Tel No: 0906 500 3729 Box No: 412691



MATTHEW 54, seeking lady for no strings fun and laughs. Tel No: 0906 500 3729 Box No: 411981

45YR old male, seeking female for no strings fun times. Tel No: 0906 500 3729 Box No: 411963

SEEKING invisibles, 52yr old N/S male, seeking invisible lady, 50-60 plus who feel that men have seized to notice you, petite/slim-medium build up to 5ft 8ins tall. Tel No: 0906 500 3729 Box No: 411953

TALL black, single, childless male, seeks slim, size 4-8 female for fun and friendship. Tel No: 0906 500 3729 Box No: 411915

TOMMY 47, divorced, seeking long term serious relationship, no time wasters, kind, considerate, normal guy, seeking female, 33-45. Tel No: 0906 500 3729 Box No: 412401

ALLEGEDLY handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. Tel No: 0906 500 3729 Box No: 409643

SLIM fit active 69yr old N/S male, likes music, walks, cinema, quizzes, seeks slender, warm hearted 60's lady for company and more. Tel No: 0906 500 3729 Box No: 412061

Men seeking men

WHITE male, 62, medium build, own apartment, clean living, seeks clean-shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

JEFF 60, slim, seeking discreet fun with gay/bi male. Can accommodate. Tel No: 0906 500 3729 Box No: 408323

BUSY professional bi male, slim, fit, easy going, seeks discreet, intelligent guy for coffee and more. Tel No: 0906 500 3729 Box No: 412269

CHINESE male, 66, WLTM similar aged male, preferably Chinese. Tel No: 0906 500 3729 Box No: 411277

GOOD looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

Friends

FEMALE seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

Adult Interests

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Fashion

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jacket, £150
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 johnlewis.co.uk



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Lola Skye floral print short, £17
 Canada Place Mall
 dorothyperkins.com



ACCESSORIZE
Floral fan, £5
 Canada Place Mall
 uk.accessorize.com



CLOSET AT JOHN LEWIS
Tie Back kimono dress, £48
 Westfield Stratford City
 johnlewis.co.uk

EAST AT JOHN LEWIS
Nobu kimono, £69
 Westfield Stratford City
 johnlewis.co.uk



EAST AT JOHN LEWIS
Florella embroidered jacket, £175
 Westfield Stratford City
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Lewis 0207 293 2272 or email daisy.Lewis@trinitymirror.com

Travel

Heritage of Ireland drawn from deep in the rich soil

WEST IRELAND

Michael Mchugh goes on foot, horse and bike to explore the 1,500 mile Wild Atlantic Way

I rest on my kayak paddle and gaze at the horizon as a golden hue from the setting sun illuminates the waters at Killary fjord.

Sandstone mountains are covered in verdant grass – testament to more than 200 days of rainfall a year.

The area is known as Connemara, an austere dramatic region characterised by windswept and inaccessible upland, mountain lakes and rivers.

Connemara forms part of the Wild Atlantic Way, a driving route running from Donegal in the north west of Ireland to Cork in the south west, covering 1,500 miles.

Milestones include the burial ground of poet WB Yeats and the former home of actor Peter O'Toole, as well as sombre reminders of the death toll Ireland suffered during the famine of 1846.

Great pride has been taken in the regeneration of postcard pretty Mulranny, a former one-street stop on the railway from Westport in Mayo.

Humans have shaped this landscape for 5,700 years; at the Ceide Fields in Co Mayo, I receive a fascinating insight into what is reputedly the oldest farm in the world.

Deep beneath peaty soil on a piece of land overlooking the Atlantic, archaeologists have discovered miles of neolithic plots marked by long regular walls of stones. One is a lopsided enclosure used to pen animals, my guide tells me.

More evidence of the tree of life confronts me at Glencolmcille Folk Village, which features recreated cottages from the 18th, 19th and early 20th centuries.

The tradition of large families produced overcrowding, and I shudder when I see awkward wooden seats where people once slept upright.

It's a stark contrast to the big houses, once owned by wealthy merchants or



Above, Kinsale, Cork, part of the Wild Atlantic Way in Ireland Left, Dingle Peninsula in Kerry Below left Clifden, Connemara in Galway

brown steed Murphy trots downhill from laneway to pristine sand.

I try to dissuade Murphy from nibbling marram grass on dunes surrounding the strand, but the horses follow each other unquestioningly.

I'm more comfortable with an electric bicycle, the reassuring push the battery gives me up the steep hills surrounding Downings in Rosapenna in Donegal, is a welcome, if guilty, fillip.

Adopting a conventional hybrid, on Mayo's Greenway, I follow the route of an old railway track close to a lake shore, densely-vegetated mountains all around. Two-wheeled traffic is heavy, but the route is mainly picturesque.

The poster girl for scenery, however, remains the mountains around Killary in Connemara.

When the rest of Ireland was originally planted by settlers from Britain, much of the indigenous population was forcibly transferred to this province, Connacht. The choice for resisting Irish became "To Hell or Connacht".

As I stare dreamily at mountains meeting water, I realise I'm in my very own heaven.

clergy, which dot the touring route. The most splendid example I visit is Rathmullan House.

Originally the home of an Anglican bishop, it became the country estate of Belfast banking family the Batts. Each part of the hotel reflects the pursuits of landed gentlemen, including a library of worthy tomes, but most remarkable of all is the Raja Room, inspired by colonial India. Russet cushions are embroidered with elephants, and the architecture is more reminiscent of the Taj Mahal than Victorian or wartime Britain.

From the grounds, there is easy access to the wide open beach, part of a network extending for miles along the Wild Atlantic Way. My cream and

TRAVEL GADGETS

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Steve Aoki
Suitcase
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co.uk



Kindle Paperwhite
From £109 at amazon.co.uk



Spaced 360 Bluetooth speaker
£250 from spaced360.com

DETAILS

■ Michael Mchugh was a guest of Tourism Ireland (ireland.com). Ireland's Wild Atlantic Way is the longest defined coastal touring route in the world. Out at the very edge of Europe, the Wild Atlantic

Way stretches for 1,500 miles along Ireland's western seaboard. From Malin Head in Co Donegal to Kinsale in Co Cork, through regions like Connemara, Galway Bay and Kerry.

the Road

NEWS IN BRIEF

Motoring digest



2014 Toyota Yaris

Toyota launches new Yaris models

JAPANESE car maker Toyota is launching its new Yaris supermini this summer, and hopes to broaden the car's appeal with a revised range.

Established Active and Icon grades are joined by new Sport and Excel trims. The Hybrid variant can be specified in Icon and Excel versions.

On-the-road prices start at £10,995 for the 1.0-litre three-door Active model and rise to £17,695 for the range-topping Hybrid model in Excel trim.



2014 Volkswagen Golf SV

New Golf gets top safety rating

VOLKSWAGEN'S new Golf SV has received the top safety award of five stars from the independent Euro NCAP organisation.

With its top-class package of safety features made up of robust vehicle body structure, highly effective combination of seat belts, seats and airbags, plus innovative driver assistance systems, the Golf SV has been judged as one of the world's safest cars.



2014 Vauxhall VXR8 GTS

Vauxhall marks decade of VXR

VAUXHALL is celebrating 10 years of its VXR performance brand in style, with the launch of a new version of its popular VXR8 model.

The GTS variant joins an illustrious line of hot Vauxhalls from the last decade that saw the memorable VXR220 roadster and Aussie bruiser the Monaro VXR hit the showrooms back in 2004.

ROAD TEST

Citroen's breath of fresh air car has new Airbump skin to fend off the marks

Matt Kimberley
The Wharf

■ **What's new?** As breaths of fresh air go, the Cactus is like a lungful of West Scotland's finest in the middle of rush-hour London.

It's a car designed to fit into real-world lifestyles where you need lots of places to store bits and pieces, where touch-screens are as second nature and where people always manage to open their doors into your paintwork. The Cactus is built to take life's little trials in its stride with a radical re-think.

■ **Looks and image:** That's why you'll find those curious and distinctive coloured panels along the sides.

These AirBump air-filled blocks are scratch-resistant and a bit bouncy, so errant supermarket trolleys and swinging coat zips won't leave a mark. The same material is on the boot and in a few other places too, helping to avoid any ugly and expensive bodywork damage.

The Cactus is the first truly honest Citroen for years. It's a bit madcap but not so much so to be off-putting. The

FACTFILE

- **Citroen C4 Cactus 1.2 PureTech 110**, circa £16,000.
- **Engine:** 1.2-litre turbocharged petrol unit producing 108bhp and 151lb/ft of torque
- **Transmission:** Five-speed manual driving the front wheels
- **Performance:** Top speed 117mph, 0-62mph in 9.3 seconds
- **Economy:** 61.4mpg combined
- **Emissions:** From 105g/km of CO2

controls are where you'd expect them, the pedals do what they should and the wheels aren't made out of cheese.

It's simply very good at the everyday biff-about thing, and there's no doubt a lot of people will be very taken by this.

■ **Space and practicality:** You don't get as much outright space as you do in, say, a Seat Toledo, but the Cactus has a far greater character garnish to go with its healthy dollop of practicality. There are door pockets aplenty and a panoramic glass roof to give a more spacious-feeling cabin, and it's fair to say there's enough rear legroom for adults.

A really nice touch is the "suitcase-style" interior detailing on the door pulls and glove box. It adds a sense of travel adventure, but there's loads of room inside the glove-case to add substance to the style.

■ **Behind the wheel:** Citroen openly admits the Cactus is built to a price. That's half the point; realistic ownership costs. With that in mind it's amazing how quietly the 1.2-litre 110-horsepower petrol version runs around town. At 30mph in the fourth



Cactus copes with the rough and the smooth



of five gears, the loudest thing is the air conditioning fan, which itself is only lightly breathing away in the background.

There's nothing remarkable about the way it drives. The soft, chunky seats are unusual these days and very comfortable, the steering is quite slow and unthreatening, and the ride is very smooth over good surfaces and undulating bumps.

It's worse over sharp bumps, mind you, where the suspension crashes unexpectedly and noisily, but on the whole the driving experience is that of a car you'd never regret buying or dislike owning. It feels a bit like a loyal family pet.

■ **Value for money:** In terms of raw space there's more for your money out there. But value cars tend to be a bit soulless and that always counts against them.

The Cactus definitely has more of a character and a charm that can't entirely be priced up. In terms of providing family-friendly transport that you're not afraid to see bumped around now and again, what could be better?

There could be clever finance deals on the cards, too, if the UK follows suit with Spain's "pay as you drive" mileage-based finance scheme.

■ **Who would buy one?** The brilliant news is that this won't just appeal to budget-led buyers who hate looking after their cars.

It's a damn fine everyday car with some great quirks and an unusual look, so parents looking for something livelier-looking to put on the drive will love it; as will people bored with the same old hatchback crowd.

■ **If this car was a...** Fashion revolution, it would be the miniskirt.

Community

ISLE OF DOGS

Memorial gets cash from private backer

A PLAQUE to remember the Isle of Dogs' biggest wartime disaster has been funded privately.

More than 40 died when a Second World War bomb hit the Bullivant's Wharf air raid shelter during a raid in March 1941. The plaque, which has been installed at the site between Hutchings Street and Cuba Street, was funded by Keith Woods whose grandmother Minnie Ethel and aunt Doris died in the tragedy.

Tower Hamlets Council had been considering paying for it alongside 16 other projects under its People's Plaque competition to identify seven worthy of cash. But Reg Beer, whose brother-in-law was one of many injured in the explosion, criticised the process to fund.

"I think it's a shame the 40-plus dead and the numerous injured, should have been put into a kind of beauty competition to decide whether they were worthy of a plaque," he said.

Former Conservative councillor Gloria Thienel helped secure council approval for the plaque after private funding was found.



BLACKHEATH

Police appeal over possible sighting

CONCERNS are growing for the safety of a 27-year-old man who is believed to be in the Lewisham area.

Jamie Horne from Lambeth was last seen at 3.30pm on June 26, but may have been spotted on Blackheath Common on July 8.

Jamie, pictured, is described as white, 6ft tall and of slim build with short dark hair and a small scar on his forehead.



He was wearing a navy blue T-shirt and blue jeans. He may have a black coat with him and also wears glasses.

Anyone with information is asked to contact Lewisham police on 020 8284 8455.

CANARY WHARF

'Outstanding' free school celebrated

A CELEBRATION to mark the opening of Canary Wharf College this September was held at the House of Lords last week.

The school's executive principal Sarah Counter attended the reception on July 9, alongside former Secretary of State Michael Gove and MP Jim Fitzpatrick. Canary Wharf College established an Ofsted graded "outstanding" primary school in East Ferry Road in 2011, which now has 200 students. Its second school will open next term with 80 students in temporary premises in Millharbour.

PICTURE NEWS



KAY LOCKETT



Jubilee Place Mall played host to a brace of musical acts last week. First up **The Askew Sisters** featuring Emily and Hazel, pictured, delivered a hefty dose of folk last Thursday while Friday belonged to comedy trio **The Hot Potato Syncopators**, left, who played, among other things ukeleles and a musical saw on Friday.

FROM THE ARCHIVES



The scene in Walinden Road Hackney as firemen fight a timber yard fire after an air raid in the Second World War

CULTURE

Local cinemas will show West End play

WEST End play *Skylight* will be broadcast to cinemas across the country tonight (Thursday).

Actors Bill Nighy and Matthew Beard currently star alongside Carey Mulligan on stage at Wyndham's Theatre, in David Hare's production, which tells the tale of a schoolteacher and her former lover.

The screenings will be held courtesy of National Theatre Live and at venues including Shoreditch's Rich Mix, Cineworld West India Quay and Odeon Greenwich.

For details go to ntlive.com or richmix.org.uk.

BROCKLEY

Deptford export to run until August

DEPTFORD'S sweet-tasting success story of cocktails served up in teacups is continuing its temporary residency in Brockley.

Little Nan's Cocktail Club, housed in The Talbot and sister to the permanent Little Nan's in Deptford Broadway, is extending its stay in Tyrwhitt Road until the end of the month.

With the chance to choose your own crockery from the vast collection and indulge on treats including teacups filled with nuts or pick and mix, owner and founder Tristan Scutt is offering a different vintage vibe.

He said: "I wanted to create a different experience up in Brockley, so then people can go to both in the same weekend and it's like two different nights out."

The bar is open every Friday and Saturday, from 5-11pm.

Go to facebook.com/LittleNans Cocktails for more information.

CANNING TOWN

Charity in line for triple recognition

AN east London homeless charity has been shortlisted for three national awards.

Caritas Anchor House, based in Canning Town, is in the running for the trio of prizes in events at the Centre for Social Justice and the Charity Times Awards.

Anchor House director Keith Fernett said: "Over the past few years, our charity has evolved dramatically and we are now able to support people from all walks of life.

"Being shortlisted for these awards recognises our efforts to improve and expand our services, which are now accessed by over 200 residents and 15,000 members of the community each year."

Anchor House has made it to the first stage of the CSJ awards where it was noted as a 'project displaying innovation and effectiveness in addressing the root causes of poverty'.

In the Charity Times Awards it has been shortlisted in two categories: Social Champion, for which it was a runner-up last year, and Big Society.

BRIEFLY



■ **Loyal customer Ivy Gravener, 92, cuts the ribbon at a revamped Lloyds Pharmacy in Old Dover Road, Greenwich. The nonagenarian visits the shop every week and often brings staff cakes in recognition of their service. As part of the transformation, the pharmacy now offers free, enhanced services for a range of conditions including skin health and pain management. Go to lloydspharmacy.com.**

LondonEYE

NEIL HALL



CUP MOMENTS The London Eye is seen through the national flags of Germany and Argentina flying from a boat used as a bar on the Thames as the planet geared up for the World Cup Final in Rio de Janeiro.

REUTERS



SECRETIVE STATE Deputy Prime Minister Nick Clegg listens to Prime Minister David Cameron at a joint news conference at 10 Downing Street. Britain said it would rush through emergency legislation to force telecoms companies to retain customers' data for a year "to protect national security".

REUTERS



DIVE SITE Prince William, right, dives with British Sub-Aqua Club members at a swimming pool in London. The prince and his father, Prince Charles, attended a reception to mark the handover of the presidency of BSAC from Prince Charles to his son.

STEFAN WERMUTH



TOWERING VIEW

A man works on one of the four iconic smokestacks of the former Battersea Power Station.

TOBY MELVILLE



PICKET LINE Striking Public and Commercial Services Union (PCS) members stand outside the Houses of Parliament last Thursday. Public sector workers went on strike across Britain in disputes with the Government over working conditions including pensions and pay.



LUKE MACGREGOR



EVIDENCE BASED Mark Sedwill, the top civil servant at Britain's Home Office leaves the Houses of Parliament after being questioned by a Commons Home Affairs Select Committee over how his department lost or destroyed files that could shed light on allegations that well-known politicians abused children in the 1980s.

NEIL HALL



MYSTERY JET Children play in artist Jeppe Hein's interactive fountain Appearing Room on a warm summer day on the Southbank in London. This weekend saw city dwellers desperate to escape the muggy heat.

NEIL HALL



FRIENDLY WAVE An ultra-Orthodox Jew holds a Palestinian flag during a protest against Israel's air strikes in Gaza.

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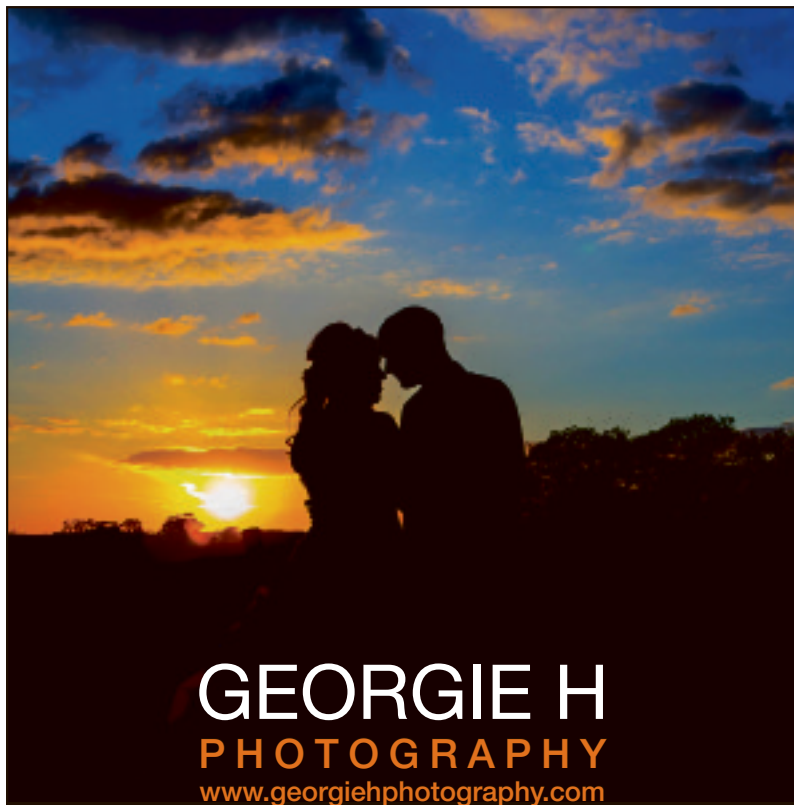
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Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You have several chances to push your career into a better direction but you may have to sacrifice your personal time and space for a while. Gamble in love.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Confrontations must be handled with care as it's clear from your stars that you only have half the facts at your disposal. Someone is getting on your nerves.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Travel does much to improve the relationships in your life this week. By you showing that others are a priority, they will go out of their way in return.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Play with fire and you're going to get burnt. Know this before you start playing games with relationships this week. Why not tell it like it is?

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Money will be both made and lost, but it's how you invest that will be the key to your success. You'll want a short term solution but long term ones are better.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Are you perhaps making commitments that weren't asked of you? Can you give yourself a bit more time and freedom to make choices and commitments?

LEO

JULY 23-AUG 23

For more call 0905 817 2064

What started off as an intriguing situation has now become a very messy one. Fresh starts and new beginnings can be found if you use honesty as a basis.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

The talks you have today could well form the basis for the rest of your life. Don't say what you think others want to hear but say what you want, Virgo.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Someone you thought was going to let you down in business is set to pleasantly surprise you. Keeping to appointments can see you uncovering a secret, Libra.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You're thinking about making some pretty big changes and, in the process, you're finding out you're a lot stronger than you originally thought.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

You're spending out of stress and it's not a reaction that is going to help your situation. Try to sit down and work out what you really need to address.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You've been talking and acting without really thinking and this week sees you having to clear up the mess you've made. Earth gives you words to do this.

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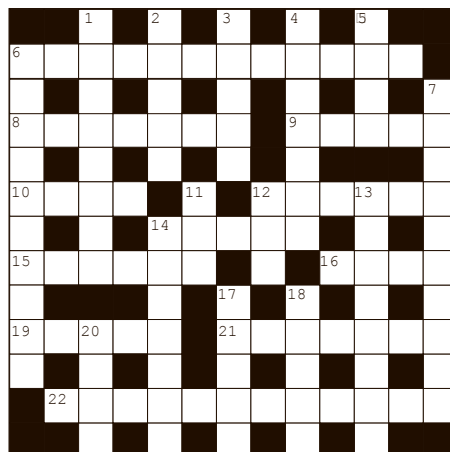
Just tell us the name of the famous Brit actor who "plays" Caesar using motion capture.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date is July 26.

Include your name and full postal address.



Crossword



ACROSS

6. Prolonged refusal to eat (6,6)
8. Confidential (7)
9. Spanish man (5)
10. So be it! (4)
12. Save (6)
14. Provide food (5)
15. Period of greatest success (6)
16. Greek spirit (4)
19. Move around a star or planet (5)
21. Tableland (7)
22. Slice meat with this (7,5)

DOWN

1. Prematurely or inopportune (8)
2. Wild (5)
3. Fire remains (5)
4. Kitchen sideboard (7)
5. Play (4)
6. Athletic contest for women (10)
7. Wavering, hesitating (10)
11. Speak (3)
12. A colour (3)
13. Unrefined petroleum (5,3)
14. Kept in confinement (7)
17. Rotates (5)
18. Slightly sticky (5)
20. Boast (4)

ACROSS: 6. Hunger strike; 8. Private; 9. Senior; 10. Amen; 12. Rescuer; 14. Cater; 15. Heyday; 16. Ouzo; 19. Orbit; 21. Plateau; 22. Carving knife. DOWN: 1. Untimely; 2. Feral; 3. Ashes; 4. Dresser; 5. Skin; 6. Heptathlon; 7. Inesoluble; 11. Say; 12. Red; 13. Crude oil; 14. Captive; 17. Spins; 18. Tacky; 20. Brag.

Sudoku

EASY

6	4		7	5				
7	9	2		8	1		6	4
	5	3					7	8
	3	7		1		8	2	5
5		1			2	3	4	9
8	2		9		5	7	1	6
2						6	8	3
4		6	5			1	9	7
3	7	9	1			4	5	2

HARD

							3	
3			2					5
7	8				5	1		
	1	2		6				
		3		9			4	
		8			1		7	
			9		2	3		
			3			7	9	6

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

Sport

Wharf

WEEKEND
FLUTTER
WITH THE
RACING POST



GETTY

RACING

■ It is the Summer Hurdle at Market Rasen and the Alan King-trained **Montbazou** makes plenty of appeal. The seven-year-old ran a stonemason to finish third in the County Hurdle at the Cheltenham Festival, and with fast ground likely to suit he can go well.
Ed Quigley

GOLF

■ Back **Hideki Matsuyama**, pictured, to win The Open. The Japanese ace has quickly proved himself a fearless competitor, finishing sixth on his Open debut last year. He has recorded a top-30 finish in all seven of his Major starts and the five-time Japan Tour victor got off the mark on the US Tour at Memorial in June so is in form to contend.
Graham Woods

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

the Wharf LEAGUE

RESULTS

DIVISION ONE

Fire Breathing Kittens ●	11
Manny Omoiyinmi	11
Reggae Allstars	10
Efan Ekoku's Elite	5
Camden Pathway	18
Abou	1
Sub Standard Liege	6
Athletic Pasty	17
Salmon FC	12
Context Penetrators	7

DIVISION TWO

Real Moro	7
Smack My Pitch Up	18
FC Hangover	9
Newport Dodgers	11
Prospect Aware	10
FC Poor Toe	0
Not So Athletic	10
Rusty Trumpet FC	6
Canary Wolves ●	7
Bayer Neverlusen	4

Last games on June 18.
● = Current league leaders.
The Wharf League is played at Powerleague in Crossharbour.
Go to powerleague.co.uk.

Centre might join his pals in the City

Q&A

Tindall talks trading and retirement as he helps publicise firm's re-branding

Rob Virtue
[@wharf.co.uk](mailto:rw@wharf.co.uk)

Rugby World Cup winner Mike Tindall announced his retirement from the sport on Tuesday, the same day he appeared at Canary Wharf in his role as ambassador for forex trading broker UFX.

He looked back on his career with *The Wharf* and speculated where his future might lie:

■ What will you miss most about rugby?

I'll miss looking at the different levels of intensity in people's eyes and then going out there and playing in front of 10-50,000 people. Match days are what it is all about.

■ What are you most looking forward to?

It would be good having parts of my life back – Christmas and regaining my weekends.

I'll miss game day but I will be able to do things on Saturday and Sunday. I'll also miss the camaraderie but my teammates will always be friends.

■ Post rugby would you consider joining other former stars of the sport in banking?

I've got a few friends who are here at Canary Wharf. James Loftthouse who played in England under-18s with me.

There's also Martyn Wood, Lee Best and Ben Clarke. A few have ended up here.

I spoke to Lofty about heading into his office and seeing if it was something I would potentially do and maybe upskill myself.

■ Could we see you in Canary Wharf popping to Pret for lunch?

I don't know. What's it actually like working here?



Former England captain Mike Tindall was in Reuters Plaza on Tuesday with forex trading broker UFX

■ More mundane than you're used to I imagine.

Mundane's okay now and again. I don't think you can rule out anything. You should never say never.

One thing I will try to do is try as many things as I can and then, when I find out what I enjoy I will focus on that path.

■ Who do you see as the future England centre partnership?

Right now Billy Twelvetrees and Manu Tuilagi, because you've got to have Manu but Luther Burrell's really pushing him.

Those two will be slogging it out. On the tour Kyle Eastmond is a definite option too.

Mike Tindall was at Canary Wharf to publicise the UFX's re-branding to UFX.com. The firm gave away a Lotus sports car as part of the celebration.

MIKE'S TOP 5

We asked Mike Tindall for the five favourite games of his career:

■ **Australia 17-20 England 2003**
You can't see past that phenomenal victory. To achieve something after four years' work in such dramatic style was amazing.

■ **Wales 19-26 England 2011**
My first game as England captain in the 2011 Six Nations. It was a huge honour.

■ **Gloucester 36-34 Ldn Irish 2006**
Club rugby is massively important to me but I've never had that much success in it. This was competition where I played most of the games and it meant a lot to me.

■ **England 50-18 Ireland 2000**
Ben Cohen and I scored in that game – we absolutely stuffed them.

■ **Saracens 50-23 Bath 1997**
We got hammered so it wasn't a great start to my Premiership career but Sarries had a great team.

FOOTBALL

Three arrive at Valley in flurry of done deals



Valley bound: Johann Berg Gudmundsson, above, is one of seven signings made by manager Bob Peeters

FORMER Chelsea defender Tal Ben Haim, Icelandic winger Johann Berg Gudmundsson and Romanian striker George Tucudean have joined Charlton.

The 23-year-old forward signed a three-year deal with the Addicks on Monday, arriving after Ben Haim from Belgian club Standard Liege, which is also owned by Charlton chief Roland Duchatelet.

The defender and Gudmundsson signed on free transfers on Friday, with the total number of incoming players now seven in a busy summer period for the south-east Londoners.

Ben Haim, 32, has also played for Manchester City, Portsmouth and

West Ham among a host of British clubs before heading to Liege in 2013. He joins Charlton on a one-year deal.

Gudmundsson, a former Chelsea and Fulham youth player, has spent the last

four years at Dutch side AZ Alkmaar. The 23-year-old's contract ran out this summer and Charlton snapped him up on a two-year contract.

The left-footer hit fame with a stunning hat-trick against Switzerland in a World Cup qualifier earlier this year. He has played 32 times for his country, scoring five times.

Speaking to the Charlton website he said: "I heard of the interest a few weeks ago and obviously I'm on a free transfer so there were a lot of things happening, but in the end I decided to go with Charlton."

Married couple dominate City race

RUN

HUSBAND and wife team Phil and Emily Wicks were victorious in the Standard Chartered City Race last Thursday.

Belgrave Harrier Phil of Allianz UK won the 5km race in 14mins and 29 secs.

That was nearly 50 seconds ahead of runner-up Chris Busaileh from



The runners line up at the start

Speechly Bircham LLP and third placed James McMullan of KPMG.

Emily, who works at Punter Southall, came first in the women's section with a time of 16mins and 38secs.

Kat Webster of Ofcom and Standard Chartered Bank's Jenny Lundgren took second and third.

Olympians Colin Jackson and Paula Radcliffe attended the race.